

MAY 2019

THE SENIOR SCENE

Ludlow Senior Center

Inside this issue:

| | |
|-----------------------|---|
| Wellness & Support | 2 |
| Transportation | 3 |
| Movie Schedule | 4 |
| Special Events | 7 |
| Special Lunches | 8 |
| Outreach Announcement | 8 |
| Friends Information | 9 |

Phone Number:

(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Office Hours:

Monday - Friday
8 a.m. to 4 p.m.

JAMMIN' WITH JODI

I once heard that "you are only as good as the staff behind you". I cannot tell you how true that statement is. There is a lot that happens on a daily basis to make our Center run smoothly. It was a tough fall and winter for all of us. There were changes, sicknesses, family matters and just the challenges of everyday life and yet, my staff showed up every single day. Even I forget sometimes how hard the staff here at the Center work. I cannot say thank you enough to all 9 of my staff for the love, support and commitment they all give every day to me, this Senior Center and the community. Carla, Deb J, Matt, John, Jack, Deb B., Donna, Naomi and Jorge, THANK YOU!!!

Progress on the new building continues. We are very close to a floor plan and then the design phase begins. That will be exciting to see the new building come to life. Please attend Building Committee meetings. This is your building. The meetings are posted at the Center, at Town Hall and on our Facebook page.

The Activities Director position has been posted and we are hopeful to have a new staff member soon. Meanwhile, we have all pitched in to bring you a very busy May! Please read carefully as there are many activities and events planned this month! Happy Mother's Day and thank you to all of you that have served our country! Thank you to all of you for being a part of our Center community!

Jodi Lepke



Friends of the Ludlow Senior Center "RECORD HOP"

Friday, May 31st 6-9 pm
Polish American Citizens Club
Tickets are \$20.00 Includes,
Food, Music & Fun!!

WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

PEDICURE WITH TOWN NURSES

Every Tuesday

Pedicures are for Ludlow residents only. Diabetics are required to provide a note from their doctor before a pedicure can be given. **Pedicures prices are increasing to \$15 as of May 1st** per the Board of Health. Appointments are required. They may be made by calling the center.

DROP-IN WITH A NURSE

Every Thursday From 10 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or to ask the nurse a question.

HEARING CLINIC

Deb Stroetzel: Tuesday, May 28

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required. They may be made by calling the center.

MASSAGE THERAPY

Meaghan Murphy: Mondays

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required. They may be made by calling the center.

BLOOD PRESSURE CHECKS

Tuesday afternoon from 1 p.m. - 2 p.m.

Blood pressure checks are provided by volunteers. Please call the center to verify that a nurse is on site.

FACIALS

Diane Neill: Wednesday, May 29

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one-hour facial starts at just \$30. Appointments are required. They may be made by calling the center. Always the fourth Wednesday of the month.

MEETINGS & SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Tuesday, May 14, at 10 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Signing up is appreciated, but not mandatory. **Check out Page 8 for more details.**

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, May 8, at 10 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Wednesday of each month and find out what you can do to help.

STATE SENATOR LESSER OFFICE HOURS

Thursday, May 9, at 10:30 a.m.

Talk with State Senator Eric Lesser's district director. Joel McAuliffe visits the center the second Thursday of each month.

BROWN BAG PROGRAM

Tuesday, May 21, from 1 p.m. - 3 p.m.

Offered through the Food Bank of western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Applications are available at the senior center. Pickup is the third Tuesday of each month.

COUNCIL ON AGING BOARD MEETING

Wednesday, May 15, at 4:30 p.m.

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

TRIAD

Wednesday, May 22, at 10 a.m.

Held the fourth Wednesday of every month, this group works toward making our community a safer place. Come in and find out how you can make a difference and help us plan our first National Night Out.

VETERANS AGENT OFFICE HOURS

Wednesday, May 22, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the center for all veterans' issues.

MEN'S BREAKFAST CLUB

Friday, May 31, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham. Pre-registration is appreciated but not necessary.

Activities Corner

Activities Corner

~Mary is back and we are offering the Chair Exercise class once again. Tuesday mornings from 9:00-10:00 a.m.

~Line Dancing will continue for another 8 week session (May 1 to June 19) and this time around the class is FREE! Thank you for a grant sponsored by the Jean Griswold Foundation, which allows us to offer this free class.

~We are very excited to see the slide show being presented on Wednesday May 29th at 1:15 p.m. by Kathy Green. She and her husband went to the Galapagos Islands on vacation and they took many AMAZING pictures.

~The Memorial Day Parade is Monday, May 27th. If anyone is interested in being a walker or rider on the van, please give your name to Carla by Wednesday, May 22nd.

Sincerely, The Senior Center Staff

TRANSPORTATION SERVICES

Important Details

- Pickup times are a 30-minute window.
- Van service is available for in-town rides only.
- Rides to the center must be arranged by 9:00 a.m.
- Appointments to other Ludlow locations must be arranged 24 hours in advance by calling the center
- The latest appointment we can accommodate is 2:30 p.m., as the van makes its last trip around 3:30 pm.

Our Fees (One-Way Fares)

| | |
|----------------------------|--------------|
| To the senior center: | \$.50 |
| To other Ludlow locations: | \$.75 |

Monthly Shopping Trips

Eastfield Mall, or Stop & Shop

Monday, May 6

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation, please include which stop you prefer.

Big Y, or Randall's

Every Tuesday & Thursday

Departure: 11:00 a.m. & 1:00 p.m.

When you make your reservation, please include which stop you prefer.

CONTINUING ACTIVITIES

Monday

8 a.m. Fitness Room
9 a.m. Knitting
9:30 a.m. Massage
 Appointments
10 a.m. YMCA
 Boomer Boot Camp
10 a.m. Dominos
12 p.m. Lunch
12:30 p.m. Billiards
 Traveling League
1 p.m. Pitch
1:15 p.m. Movie

Tuesday

8 a.m. Fitness Room
8:30 a.m. Pedicure Appts
8:30 am Ceramics
9 a.m. Quilting
12 p.m. Lunch
12:30 p.m. Men's
 Round Robin Billiards
1 p.m. Bingo
1 p.m. Bridge
1 p.m. Blood Pressure
3p.m. Yoga

Wednesday

8 a.m. Fitness Room
8 a.m. Open Billiards
8:30 a.m. Ceramics
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Pitch
1:15 p.m. Line Dancing

Thursday

8 a.m. Fitness Room
8:30 a.m. Ceramics
8:30 a.m. Women's Billiards
9 a.m. Tai Chi
10 a.m. Drop-In Nurse
10 a.m. Yoga
12 p.m. Lunch
12:30 p.m. Donors 8-Ball
 Round Robin Billiards
1 p.m. Choral Group
1 p.m. Cribbage
1:15 p.m. Classic Movie
1:30 p.m. Mahjong

Friday

8 a.m. Fitness Room
8 a.m. Open Billiards
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Coloring Club
1 p.m. Cribbage
1:15 p.m. Chair Volleyball
1:30 p.m. Mahjong

MAY MOVIE SCHEDULE

On the Basis of Sex
 (Rated PG-13, 120 Min)
 May 6

Ruth Bader Ginsburgh, as a young lawyer, brings with her husband a ground-breaking case of gender discrimination to the Supreme Court in Washington.

Welcome to Marwen
 (Rated PG-13, 119 Min)
 May 13

Starring Steve Carell. The victim of an attack finds a dazzling path to recuperation.

Green Book
 (Rated PG-13, 130 Min)
 May 20

Traveling through the Deep South in 1962, an Italian-American bouncer and an African-American pianist confront racism and other problems.

MAY 27

**HOLIDAY
 CENTER CLOSED**

CLASSIC MOVIES

Spencer's Mountain
 May 2
 (NR, 118 Min)

Starring Henry Fonda and Maureen O'hara. The Spencers live in Wyoming in a house that is too small for them and their nine children, one of whom wants to go to college.

Donovan's Reef
 May 9
 (NR, 108 Min)

Filmed in Hawaii, this 1963 romp stars John Wayne and Lee Marvin as two Navy vets, acting as covers for a buddy whose daughter has found his Polynesian paradise.

Heart Breakers
 May 16
 (Rated PG-13, 123 Min)

A romantic comedy that has a mother-daughter team of con artists out to get wealthy men's money. The film stars include Sigourney Weaver, Jennifer Love Hewitt and Gene Hackman.

Stars & Stripes Forever
 May 23
 (NR, 90 Min)

Eager to impress his boss, musician Private Willie Little (Robert Wagner) presents Marine Corps Band composer John Philip Sousa (Clifton Webb) with a rejiggered instrument he calls the "Sousaphone".

Grumpier Old Men
 May 30
 (Rated PG-13, 101 Min)

A romantic comedy and sequel to Grumpy Old Men, this movie stars Walter Matthau, Jack Lemmon, Sophia Loren and Ann-Margaret.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>Remember to let Carla know if you want to be in the Memorial Day Parade. We would love to have you join us!!</p> | <p>1</p> | <p>2</p> <p>1:15 p.m. Classic Movie: Spencer's Mountain (118 Min)</p> | <p>3</p> <p>11:15 a.m. Horse Races</p> | |
| <p>6</p> <p>12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: On the Basis of Sex. (PG-13, 120 Min)</p> | <p>7</p> <p>9 a.m. Chair Exercise 10 a.m. Fun Opera Facts with Jan Grimaldi 1 p.m. Decorating Group</p> | <p>8</p> <p>10 a.m. Friends Meeting 2 p.m. Trivia</p> | <p>9 LUNCH & LEARN 10:30 a.m. Senator Lesser Office Hour Noon L&L Estate Planning with Atty. Benjamin Coyle 1:15 p.m. Classic Movie: Donovan's Reef (108 Min)</p> | <p>10 MOTHERS DAY LUNCH 11:00 a.m. Tony Rarus performs for Mothers Day 1:30 p.m. Book Club</p> |
| <p>13 NATIONAL HUMMUS DAY 10:30 a.m. Hummus Samples in the Lounge 1:15 p.m. Movie: Welcome to Marwen. (PG-13, 115 Min)</p> | <p>14</p> <p>9 a.m. Chair Exercise 10 a.m. Fun Opera Facts Cont. 10 a.m. Caregiver Support Group 1:15 p.m. Paraffin Wax Hand Treatments</p> | <p>15 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 1:30 Chorus Performs 4:30 p.m. COA Board Meeting</p> | <p>16 LUNCH & LEARN Noon L&L: The 10 Signs Early Detection Matters with Alzheimer's Association 1:15 p.m. Classic Movie: Heart Breakers (123 Min)</p> | <p>17</p> |
| <p>20</p> <p>1:15 p.m. Movie: Green Book. (PG-13, 130 Min)</p> | <p>21</p> <p>9 a.m. Chair Exercise 1 p.m. Brown Bag</p> | <p>22</p> <p>8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours</p> | <p>23</p> <p>1 p.m. FREE Spring Craft 1:15 p.m. Classic Movie: Stars & Stripes Forever (90 Min)</p> | <p>24 MEMORIAL DAY LUNCH 11 a.m. Joe Pereira performs 1:30 p.m. Book Club</p> |
| <p>27</p> <p>CLOSED FOR HOLIDAY</p> | <p>28</p> <p>9 a.m. Chair Exercise 1 p.m. Hearing Appointments</p> | <p>29</p> <p>1:15 p.m. Kathy Green's Slideshow of Galapagos Island Trip</p> | <p>30</p> <p>1:15 p.m. Classic Movie: Grumpier Old Men (101 Min)</p> | <p>31</p> <p>8:30 a.m. Men's Breakfast In Ludlow</p> |

MAY LUNCH CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------------|--|---|---|
| Remember to wait until everyone is done eating at your table before you begin stacking your dishes. Thank you. | 1 | Baked Fish Rice Coleslaw | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| Taco Salad Corn Bread | Macaroni & Cheese Stewed Tomatoes | Hot Dogs Baked Beans | LUNCH & LEARN Stuffed Peppers Buttered Egg Noodles | MOTHERS DAY LUNCH Ranch Chicken Roasted Potatoes Vegetable Medley |
| 13 | 14 | 15 | 16 | 17 |
| Liver & Onions Mashed Potatoes Peas | Tuna Salad Plate | BIRTHDAY LUNCH Spaghetti & Meat Balls Salad Garlic Bread | LUNCH & LEARN Breaded Pork Chops Sweet Potatoes Green Beans | Hamburg Chow Mein Over Mashed Potatoes |
| 20 | 21 | 22 | 23 | 24 |
| Eggplant Parmesan Pasta Garlic Bread | Chef Chop Salad | Crispy Fish Fries Coleslaw | Turkey Burger Fries Three Bean Salad | MEMORIAL DAY LUNCH BBQ Chicken Potato Salad Corn |
| 27 | 28 | 29 | 30 | 31 |
| CLOSED FOR HOLIDAY | Reuben Casserole | Chicken Sorrento Over Egg Noodles Carrots | Shepherds Pie | Grilled Cheese Sandwich Tomato Soup |

SPECIAL EVENTS

Line Dancing

Wednesdays at 1:15 p.m.

Lynn Connolly continues this 8 week session of Beginner Line Dancing until June 19th. Then she is off for the summer and will return in September.

Horse Races

Friday, May 3, at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your horse and if you win, pick a prize from the prize table.

Opera with Jan Grimaldi

Tuesday, May 7 & 14, at 10:00 a.m.

Jan Grimaldi will once again present a two part session of fun facts about opera.

1) In the heart-warming comedy, "Moonstruck", the woman played by Cher falls for Nick Cage who plays her fiancé's brother. There is a special date they have right at the Metropolitan Opera House.

2) Luciano Pavarotti jokes with and gives pointers to young singers trying to sing opera. The cherry on top is when Luciano, the world-famous tenor (now deceased), answers audience questions and offers a song of his own to piano accompaniment. This amusing recording was from the Juilliard School of Music.

Pre-registration is appreciated but not necessary.

Decorating Group

Tuesday, May 7, at 1:00 p.m.

Do you enjoy decorating large dining rooms or creating center pieces? If you answer "yes", join us as we pick colors and plan for the upcoming events.

Trivia

Wednesday, May 8, at 2:00 p.m.

Join Carla and break into teams to answer questions ranging from current events to visual puzzles. New players are always welcome to join.

Women's Billiards

Thursdays at 8:30 a.m.

Calling all women who love to play pool or have always wanted to learn how. Room is for **WOMEN ONLY** on Thursday mornings. Don't be shy! Join us.

Book Club

Friday, May 10th & 24th, at 1:30 p.m.

Our May read is *Moon Brow* by Shahriar Mandanipour.

National Hummus Day

Monday, May 13 at 10:30 a.m.

Be sure to drop in the Lounge to sample different flavors of hummus. Which one will be your favorite?

FREE Paraffin Wax Hand Treatments

Tuesday, May 14, at 1:15 p.m.

You must sign up at the front desk. Come to the Lounge at 1:15 p.m. for this free treatment that will make your hands feel wonderful.

New Senior Center Update

Wednesday, May 15, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of the new senior center. She is more than happy to answer any questions you may have.

Jewelry Class

Wednesday, May 22, at 9:30 a.m.

Come and create your own jewelry. The class is \$3.00, plus the cost of your supplies. Please pre-register at the front desk, as this class fills quickly.

Free Spring Craft

Thursday, May 23 at 1:00 p.m.

You do need to pre-register for this free craft class so we can be sure to have enough supplies on hand. Faux stained glass project. Make a butterfly that looks like stained glass but isn't.



SPECIAL LUNCHES

Mother's Day Lunch

Friday, May 10

at 11:00 a.m.

Join us as we show appreciation for all the mom's out there with a delicious meal and music provided by Tony Rarus. Be sure to sign up early for this special occasion.

Birthday Lunch

Wednesday, May 15

at 11:30 a.m.

Those born in May will have their meal on us. Simply tell us it's your birthday when you sign up for lunch, sit back and enjoy your Free lunch and choral group performance.

Memorial Day Lunch

Friday, May 24

at 11:00 a.m.

Join us for our annual Memorial Day luncheon with BBQ Chicken, of course and a special performance by Joe Pereira. Be sure to sign up early for another special occasion.

OUTREACH AWARENESS

WestMass ElderCare

WestMass ElderCare has supported individuals in their homes for many years. Anyone can make a referral for home care services. We can help following a hospitalization, after a serious illness, or whenever a health condition or physical decline interferes with getting things done at home. While it may be difficult to let go of things you have done for yourself for a lifetime, in home support can help you live independently and remain safely in your home.

Once a referral is received, a Home Care Department Care Manager will contact you, to meet to learn about your needs and visit with you about what would be helpful.

Most retired persons live on a fixed income and may be concerned about the cost of care and affordability given their basic living expenses. The cost for home care services varies depending on an individual's income and, in some cases, insurance. As the copayment is based on income, some persons have a co-payment and others do not. If your copayment is unaffordable, it can be adjusted taking into account household expenses, medical expenses or other unusual expenses. Your Care Manager will work with you so you get the care needed and your health and wellbeing are not at risk. Once you are receiving services, your care plan is updated periodically and at times of transition, should you be hospitalized or have a nursing home stay. As your situation changes, services may be adjusted accordingly. The first step is to be in touch with us and assess your options. Care at home brings peace of mind to the person receiving care and to their family caregivers.

Contact WestMass ElderCare anytime, for assistance with any questions you may have about in home support and services either by phone: 413-538- 9020 or through our website: www.wmelder-care.org.

FRIENDS OF THE LUDLOW SENIOR CENTER

Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

Items Needed:

Napkins
Coffee/Decaf Coffee
1 Ounce Plain Chip Bags
Individually Wrapped Candy

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Tax Donations
- Terri Mikaelian - Napkins
- Olga Lozyniak - Coffee, Napkins and Hard Candy
- Audrey Consolmagno - Chips
- Inga Golash - Coffee
- Sylvia Ouellette - Coffee
- MaryEllen Stupak - Decaf Coffee
- Peggy Bernard - Napkins
- Eleanor Boczon - Snacks
- Fernanda Gomes - Snacks
- Derek Debarge
- Mary Coelho
- Theresa Detka
- Dorothy Iellamo

DONATIONS RECEIVED IN MEMORY OF:

Richard Garand:
Beverly Zull

Peter Pouloupoulos:
Alice Martins

Marcia Hobbs:
Joan Santandrea

Donations for the New Building Fund are shown with a (BF) following the name

Jean Kososki:

Miriam Stone

Ermina Marques:

Robert & Ellen Lovett

Sheila Nadolski

Thank You!

The Friends of the Ludlow Senior Center would like to say "thank you" to everyone who is contributing to the "Change for Change" jar in the front foyer.

Your "Friends"

FLOWERS RECEIVED IN MEMORY OF:

Richard Kolodziej

DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (kindly indicate name, address & relationship):

Donation amount _____

Please make check payable to:
Friends of the Ludlow Senior Center
37 Chestnut Street, Ludlow MA, 01056

Please use donation for the following programs:

- New Building Fund
- General Need
- Other: _____
- Check here if you would prefer to remain anonymous

If no area is specified, the funds will be designated to general need.

THE SENIOR SCENE

PLACE
STAMP
HERE

Phone Number:

(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Chairman:

Fred Lafayette

Vice Chairman:

Frank Krzanik

Secretary:

Lucille Carneiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Kara Ribeiro

Diane Peacey

Special for May:

Lunch & Learn

Thursday, May 9th
Starting at Noon

**“Estate Planning” with
Atty. Benjamin Coyle**

You must pre-register for this event.

*Presented with the generous assistance
and continued collaboration of the Massa-
chusetts Academy of Elder Law Attorneys.*

Lunch & Learn

Thursday, May 16th
Starting at Noon

**Know the 10 Signs
Early Detection Matters
by The Alzheimer’s Association**

You must pre-register for this event.

*A workshop presented by the Alzheimer’s
Association*

Center Hours

Monday - Friday 8:00 a.m. - 4:00 p.m.

Alice’s Boutique

Monday - Friday 10:00 a.m. - 1:00 p.m.

The boutique accepts donations of gently
used or new clothing and merchandise.

Drop off donations at the front desk.

Fitness Room

Mon - Thur 8 - 4 Fri 8 - 3:30

To join: \$10 sign-up fee, a completed
doctor’s form, and a one time orientation
on equipment and room standards.

Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- , Activities Director
- Donna Haluch-LaRose, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Debra Borecki, Bookkeeper
- Jorge Fialho, Maintenance
- Naomi White, Receptionist

**The Ludlow Senior Center reserves the right to utilize photos or videos
of participants for publicity purposes. Participants not wanting their
image used must notify the Center in writing.**